One Shot

级数: Beginner

编舞者: Pooi Kuan (MY) - May 2019

音乐: One Shot by Young Gee

Dance starts after 32 counts Start on the vocal

拍数: 32

Section 1: Vine to R, Hip Bump 4 times

- 1234 Step RF to R, Step LF behind, Step RF to R, Cross LF over RF
- 5678 Step RF to R & Bump Hip to R 4 times

Section 2: Vine to L, Left Hip Bump 4 times

- Step LF to L, Step RF behind, Step LF to L, Cross RF over LF 1234
- 5678 Step LF to L & Bump Hip to L 4 times

Section 3: 1/4R turn, Step, Kick, Step, Touch

- 1/4R Turn, Step RF Forward, Kick LF Forward, Step LF Back, Touch RF Back 1234
- 5678 Step RF Forward, Kick LF Forward, Step LF Back, Touch RF Back

Section 4: Twist to R, Flick, Twist to L, Flick

- 1234 Swivel heels out to R, Swivel toes out to R, Swivel heels out to R, Flick LF Back
- 5678 Swivel toes out to L, Swivel heels out to L, Swivel toes out to L, Flick RF Back

No Tag No Restart

~~~ Enjoy! ~~~

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墙数: 4